Mental Health Case: Randy Adams

Guided Reflection Questions

Opening Questions

How did the simulated experience of Randy Adams' case make you feel?

I felt bad for the patient and it fraustrated me that I couln't help him. I wanted to dim the lights but the button was grey and wouldn't let me push it. I had to ask him a ton of questions so I could evaluate him but it seemed cruel to do because he had a bad headache. Other than that I thought it went well and helped me get more familiar with the assessment/evalution tools. I got a 77% the first time and an 88% the second time.

Talk about what went well in the scenario.

I made sure the scene was safe before I entered the room. I also checked to make sure I had the correct pt. and performed hand hygiene. I started off with easier questions before I brought up the questions that might have been difficult for him to answer. I did everything I needed to do but I did a few things out of order and I didn't score correctly using the tools the first time. It was hard because I couldn't keep the EMR pulled up while I asked him the assessment questions.

Reflecting on Randy Adams' case, were there any actions you would do differently? If so, what were these actions and why?

I asked the patient's permission to allow the visitor in the room during the assessment but I didn't ask until after I started the questions so it was too late. I wanted to dim the lights because the pt. mentioned the bright lights were making his headache worse but the simulation wouldn't let me push the "dim the lights" button for some reason. I would've also wanted to see if I could order a medication for his headache because he had nothing ordered. His headache was from the concussion so I'm unsure if we can give medication for that anyway.

From vSim for Nursing | Mental Health. © Wolters Kluwer.

Scenario Analysis Questions*

PCC/S What could occur if Randy Adams kept taking his sumatriptan succinate?

Sumatriptan Succinate is used to migraines. Using this drug for more than 10 days each month is considered overused. Overuse of this drug can make headaches worse. The pt. should not take this medication more often than prescribed. Overuse of thus medication can also lead to serotonin syndrome. Some signs/symptoms of Serotonin syndrome include, tachycardia, shivering, headache, and N/V.

PCC/I Discuss the types of support groups and resources that would be beneficial to Randy Adams and his family. -Therapy: Cognitive therapy and exposure therapy are used to teach pt. how to safely face memories and situations that they find frightening and helps them learn how to properly cope. -Counseling; Helps pt.'s understand their trauma and how to change it. -Support groups/Group of veterans suffering from the same disorder: This helps the pt. know that they are not alone and that other people are going through similar struggles**I**

I What benefit services are available for veterans with PTSD?

The United States Deparrtment of Veteran Affairs (VA); The VA privides benefit programs for veterans and their families. Prove mental health asessment and testing for veterans with PTSD. Provide medication and 1-on-1 theraoy. They also provide group therapy, Medicaid, Medicare, and disability income.

PCC What discharge teaching needs to be given to Randy Adams' wife related to his care?

Call provider if her husband's symptoms worsen. Call provider if her husband mentions harming himself or others. Teach the wife on the common symptoms of PTSD and a concussion so she can differenciate the two and be able to when he begins recovering from the concussion. Inform the wife on resources for her and the family.

Concluding Questions

How would you apply the skills and knowledge gained in the Randy Adams case to an actual patient situation in different acute care units (emergency room, intensive care unit, obstetrics unit, etc.)?

From vSim for Nursing | Mental Health. © Wolters Kluwer.

I would now be able to use the assessment tools from the VSim on many of the floors that I will work on in the future. I still need to look over them some more but at least I'm more familiar with them now. I will now also remember to get the patient's consent if there is a visitor in the room. Sometimes I just assume the pt. wants them in the room with them but I know that's not always the case.

From vSim for Nursing | Mental Health. © Wolters Kluwer.